



An Urgent Message from Our Physicians and Nurse Practitioners

We, the physicians and nurse practitioners at Lee Obstetrics & Gynecology, want to encourage all women – including pregnant and lactating women as well as women contemplating pregnancy – to **STRONGLY** consider 1 of the 3 Covid vaccines. We are seeing more symptomatic Covid infections (pregnant patients included) in this wave of infection than the other waves combined. Just this past weekend we admitted four patients with pneumonia and one patient who was placed on the ventilator with Covid Pneumonia. These are not scare tactics – just transparency.

On July 30, 2021, the *Society for Maternal-Fetal Medicine* as well as *ACOG (American College of Obstetrics and Gynecology)* issued a statement strongly recommending vaccination. “It is the best method to reduce maternal and fetal complications of Covid-19 infection among pregnant people,” the statement said.

The following are bullet points from ACOG recommendation:

- The vaccines protect you from serious illness. All COVID-19 vaccines available in the US are effective at preventing the disease or getting seriously ill from it. COVID-19 can cause serious illness or death. There’s no way to know how it will affect you. And if you get sick, you could spread the disease to family, friends, and others.
- The vaccines are safe (<https://www.cdc.gov/.../2019.../vaccines/effectiveness.html>). The vaccines have been tested on *tens of thousands* of people. The vaccines were shown to be safe and effective among all genders, races, and ethnicities. *The vaccines do not affect your genes or DNA.*
- The vaccines are free. You don’t need to pay for COVID-19 vaccination. It is 100% free for everyone, regardless of health insurance or immigration status.
- The vaccines may cause temporary side effects (<https://www.cdc.gov/.../2019-ncov/vaccines/expect/after.html>). These may last a day or two. They may include pain at the site of injection, fever, muscle pain, joint pain, headaches, or fatigue. *The vaccines do not contain the live COVID-19 virus, so they cannot cause infection.* Instead, they train your body to recognize the disease and protect you from it. Serious safety problems are rare.
- The vaccines result in maximum protection 2 weeks later. You are fully vaccinated two weeks after the second dose of a two-dose vaccine or two weeks after a one-dose vaccine. By then, your body has built protection (immunity) against COVID-19.
- *The vaccines do not affect your fertility.* The COVID-19 vaccines will not affect your ability to have a baby, now or in the future.
- The vaccines may affect the timing of your mammogram. In some people, a COVID-19 vaccine can cause temporary swelling in the lymph nodes near their underarm. There is a risk of a false reading on a mammogram. If you need a mammogram, we recommend you get it before your COVID-19 vaccination. Or you can wait 4–6 weeks after getting a covid vaccination before getting your mammogram.

Please talk to one of our providers about the vaccines and let us help alleviate any concerns that you may have about them.

If you have questions about testing or vaccinations, you can call 334-528-4YOU (4968).

Check wherever you have prescriptions filled about getting an appointment for a vaccine.